RECOVERY KERNEL

[illegible]

[illegible]?

Recovery Kernel [illegible]

[illegible] · [illegible] · [illegible] / [illegible] / [illegible] · [illegible]-[illegible] [illegible]

⚠ [illegible] — [illegible] | [illegible]: 112 [illegible] 14416 or 1800-89-14416 [illegible]

[illegible]. [illegible] 3 [illegible].

[illegible]

[illegible] Recovery Kernel [illegible]: [illegible].

[illegible]. [illegible]. [illegible]. [illegible], [illegible] (cardiac arrhythmias), [illegible] 15% [illegible] [illegible]indrome [illegible]. [illegible], [illegible], [illegible]. [illegible], [illegible] — [illegible].

[illegible], [illegible] — [illegible], [illegible], [illegible], [illegible] — [illegible]. [illegible] Recovery Kernel [illegible]. [illegible]. [illegible].

[illegible] -[illegible], [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

⚠ [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible]?
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

[illegible] [illegible] [illegible] [illegible] 'Recovery Kernel' [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] фарма[illegible] - [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible]?	[illegible] **(withdrawal)** [illegible], [illegible] **(recovery)** [illegible]?
[illegible] ([illegible])	[illegible] [illegible]-[illegible] — [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] GABA-A [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible], [illegible].	[illegible], [illegible] GABA [illegible] (downregulate). [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]: [illegible], [illegible], [illegible], [illegible]. [illegible] [illegible] [illegible].
Glutamate ([illegible] [illegible])	[illegible] [illegible] [illegible] [illegible] — [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]. [illegible]: GABA [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].
[illegible] [illegible] ([illegible] [illegible])	[illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible]

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[illegible] (rs1229984)	[illegible] [illegible] ALDH2 [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ADH1B + [illegible] ALDH2 = [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible]
ALDH2*2 [illegible] (rs671) - [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] (*1/*2): ~50% [illegible], [illegible] [illegible]. [illegible] (*2/*2): [illegible] [illegible], [illegible] [illegible].	[illegible] ALDH2*2 [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]. [illegible] AUD-[illegible] [illegible], [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] AUD [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
ALDH2*1/*1 ([illegible] [illegible])	[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] (GABRA2, OPRM1, COMT) [illegible] [illegible]. [illegible] ALDH2 [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible].

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- [illegible]: [illegible] [illegible] → [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (LFTs) [illegible].

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[illegible] 2 — [illegible]

[illegible] — [illegible] 50–60%. [illegible]. Recovery Kernel-[illegible].

[illegible]

[illegible]	[illegible]	[illegible]	[illegible]
GABRA2	GABA-A [illegible]-2 [illegible] — [illegible]	rs279858 / rs279845 [illegible]	Recovery Kernel [illegible]- [illegible]. [illegible] - [illegible]. [illegible], [illegible]. [illegible] Recovery-[illegible] - маг[illegible], [illegible], [illegible].
OPRM1	[illegible]-[illegible] — [illegible], [illegible]	A118G (rs1799971)	A118G [illegible] - [illegible] A/A [illegible]. [illegible]. [illegible] A118G [illegible], [illegible]. [illegible].

COMT	□□□□□□□□□, □□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□	Val158Met (rs4680)	COMT □□□□□ (Met/Met, Sage □□□□□□) □□□□□□□□ □□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□ - □□□□□ □□□□□□□□□□□□□ □□□□□□□□, □□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□ □□□ □□□□□□□□ □□□ □□□□□□□□□□□□□□ GABA □□□□□□□□□□□□□□ □□□□□□□□□□□□□□. □ □□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□. □□□□□□□□□ COMT (□□□□□□□□) □□□ □□□□□□□□□□□□□□□□□ - □□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□.
ALDH2	□□□□□□□□□ □□□□□□□□□□□□□□□ 2 — □□□□□□□□□□□□□□□ □□□□□□□□□□	rs671 (*1/*1, *1/*2, *2/*2)	□□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□ □□□ □□□□□□□□□□□□. *2/*2 □□□□□□□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□, □□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□-□□□□□□□□□□ □□□□ □□□□□□□□□. □□□□ □□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□. □□- □□□□□□□□□ □□□□□□□□□□ (N-acetyl cysteine) □□ □□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□.
ADH1B	□□□□□□□□□ □□□□□□□□□□□ — □□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□ □□□□□□□□□□□	rs1229984 (□□□□□□□□□□ □□□□□□□□□□ □□□□ □□□□□□□□□□□□□□ □□□□ □□□□□□□□□□)	□□□□□□□□□□ ADH1B (His48 □□□□□□□) □□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□ - □□□ □□□ □□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□, □□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□. □□□□□□□□□□□□□□ ADH1B □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□ □□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□ - □□□ □□□ □□□□□□□□□□□□□□□ □□□□□□□ AUD □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□.
MTHFR	□□□□□□□□□ — □□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□ □□□□□□□□	C677T (rs1801133), A1298C (rs1801131)	□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□. MTHFR □□□□□□□□□□ □□□□□□□□□□□□□□, □□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ — □□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□

			[illegible]. 5-MTHF, [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
DRD2 / ANKK1	[illegible] [illegible] [illegible]2 [illegible] [illegible]	Taq1A (rs1800497)	[illegible].1 [illegible] ([illegible] D2 [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
SLC6A4 / 5-HTTLPR	[illegible] [illegible] [illegible] [illegible]	[illegible]/[illegible] [illegible]	[illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] AUD [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]. 5-HTP, 5-MTHF, [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] SSRI[illegible] [illegible] - [illegible] [illegible] [illegible].
CYP2E1	[illegible] [illegible]450 2[illegible]1 — [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] (rs2031920, rs3813867)	[illegible] [illegible]1 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] N-[illegible] [illegible] (NAC) [illegible] [illegible] ([illegible] [illegible], [illegible]-[illegible] [illegible]) [illegible] [illegible] [illegible].
CYP2C19 / CYP2D6	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] (CYP3A4) [illegible], [illegible] (CYP [illegible] [illegible] [illegible] — [illegible]), [illegible], [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]

			[illegible] [illegible]; [illegible]-[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible]:

- [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]? → [illegible] [illegible] COMT (Met/Met) + GABRA2 [illegible]. [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible], [illegible], [illegible]? → [illegible]-[illegible] [illegible], [illegible] OPRM1 A118G + можливий Warrior COMT. [illegible] [illegible], [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible]? → DRD2 [illegible] GABRA2 [illegible] [illegible]. RDS [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] (алкого[illegible]) [illegible] [illegible]? → [illegible] ADH1B [illegible] [illegible] [illegible] ALDH2 [illegible]. [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible]? → [illegible] MTHFR [illegible]. [illegible] 5-MTHF [illegible].

[illegible] 3 — [illegible]

⚠ [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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□□□□□□□□ 1–4 (□□□□□□□□□□□ □□□□□)	GABA □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□; □□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□; □□□□□□□□□□, □□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□; □□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□	□□□□□□□□□ □□□□□□□□□□, □□□□□□□□, □□□□□□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□□□□

3.3 — [illegible] (Post-Acute Withdrawal Syndrome)

⚠ **PAWS [illegible] 2 [illegible]. [illegible]. [illegible].**

[illegible]-[illegible] [illegible] [illegible] [illegible]. [illegible] GABA, [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible], [illegible], [illegible], [illegible], [illegible] [illegible] [illegible].

PAWS [illegible] déclenché [illegible]: [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]. GABRA2 [illegible] [illegible] [illegible] PAWS-[illegible] [illegible].

PAWS [illegible] [illegible]: [illegible] [illegible] 01 ([illegible]) [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

[illegible] 4 — [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: GABA/[illegible], [illegible], [illegible], [illegible]/[illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

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4. [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].
5. [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].
6. [illegible] [illegible] [illegible]. [illegible] 6 [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible].
7. [illegible], [illegible], [illegible] (0-10), [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible].

4.6 — [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] — [illegible] [illegible] [illegible].

[illegible]	[illegible] [illegible]	[illegible]	[illegible]
BPC-157	[illegible] [illegible]- [illegible] [illegible] [illegible]; [illegible] [illegible]; [illegible], [illegible] [illegible]; [illegible]- [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] 1 [illegible] - [illegible]	BPC-157 [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] ([illegible] [illegible]), [illegible]-[illegible] [illegible], [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible]- [illegible] [illegible] (gut-brain axis) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible]	[illegible] [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible]	[illegible] 1–8 — [illegible] [illegible]; [illegible] (GABA) [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible], [illegible] GABA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible] [illegible]	[illegible]	[illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible]. [illegible].
[illegible]	[illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible]	[illegible] 1–4 — 10 [illegible] [illegible], [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (Epitalon) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible]-4 (TB-500)	[illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 1-3 [illegible]	[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] TB-500-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
Semax	[illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible], [illegible] [illegible]	[illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. BDNF-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 1–3 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] 5 — [illegible]

[illegible] — [illegible]. [illegible]. [illegible].

[illegible]. [illegible] - [illegible]. [illegible]. [illegible] REM [illegible], [illegible], [illegible]-[illegible], [illegible].

[illegible] '[illegible]' [illegible]; [illegible] — [illegible], [illegible], [illegible].

[illegible]. [illegible]. [illegible], [illegible].

- [illegible] (0.5–1 [illegible], [illegible] 30–60 [illegible]) — [illegible]; [illegible].
- [illegible] (300–400mg, [illegible]) — GABA-[illegible], [illegible], [illegible]
- [illegible] (3–5 [illegible], [illegible] 30 [illegible]) — [illegible], [illegible]; [illegible] GABA-[illegible] NMDA [illegible]-[illegible].
- [illegible]-[illegible] ([illegible] 200–400[illegible]) — [illegible], [illegible]
- 5-HTP ([illegible] 50–100[illegible]) — [illegible] cursor; [illegible].
- [illegible] ([illegible] 100–200mg) — [illegible]; [illegible] HPA [illegible].

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	[illegible] [illegible] [illegible] [illegible].	[illegible]	[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. GABRA2 [illegible] [illegible] [illegible]

[illegible]

[illegible] — [illegible].

[illegible] GABA [illegible]. [illegible] oton [illegible]. [illegible] — [illegible], [illegible], [illegible].

[illegible]. [illegible], [illegible], [illegible]. [illegible]. [illegible].

Recovery Kernel [illegible] — [illegible], [illegible], [illegible]. [illegible]. [illegible].

[illegible]. GABA [illegible]. [illegible]. [illegible]. [illegible] — [illegible], [illegible], [illegible]. [illegible], [illegible], Recovery Kernel-[illegible] — [illegible], [illegible], [illegible], [illegible], [illegible] — [illegible].

Recovery Kernel [illegible]. [illegible].

[illegible]. [illegible].

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Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

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